

Video Vision: Practice, Evaluate, and Perform

As mentioned in chapter 2 of your text, one important way to help reduce communication anxiety is to practice, practice, and practice. The goal of this activity is to help you effectively prepare for speech day and reduce levels of communication anxiety.

Materials Needed: For this activity you will need a phone with a video recorder or some other type video recording device.

Directions: Have a family member or friend record you giving your speech, then go back and answer the questions below.

Review and Evaluate:

1) Replay your speech with the audio only. You can cover the screen or turn the phone over so that you are just listening to your verbal delivery. Answer the questions below.

What are two things you did well?

What are two things that you would like to improve on?

What do you plan to do before your next speech to improve on your verbal delivery?

2) Replay your speech video and turn the sound off. While watching the video pay close attention to your non-verbal delivery and answer the questions below.

What are two things you did well?

What are two things that you would like to improve on?

What do you plan to do before your next speech to improve on your non-verbal delivery?

3) Replay your speech with both the audio and video. Answer the questions below, but make sure your answers are different from those above.

Overall what are two things you did well?

Overall what are two things that you would like to improve on?

As a whole, how effective do you feel your speech was?

What can you do before speech day to improve your speech overall?

Suggestion: *If you have time, do this activity again, but this time use some of the relaxation techniques mentioned in your text before you have your friend record your speech.*